

Recipient of Abuse (AK 99-USDA 901)

Explain to Participant

You're enrolled in the WIC program today because battering or child abuse/neglect was self-reported, documented by a social worker, health care provider or on other appropriate documents within the last 6 months. Battering during pregnancy increases risks of low birth weight, pre-term delivery as well as poor nutrition and health behaviors. Nutritional neglect is the most common cause of poor growth in infancy and may account for much as half of all the cases of non-organic failure to thrive.

Goal

The goal is to educate parents, caregivers and women about the importance of good nutrition for adequate growth and development of infant, child and pregnant women.

Suggestions for Reducing Risk

Refer to the local agency that can address the abuse issue.
Follow the recommendations of your health care provider.
Explain the nutrition education material suggested.
Eat a variety of foods from all the food groups every day.

Nutrition Education Material Suggested Explain Applicable WIC Foods

Daily Food Guide

| WIC Foods | Nutrients Provided |
|-------------------------------|---------------------------------------|
| Milk | Calcium, Vitamin A, Protein |
| Cheese | Calcium, Vitamin A, Protein |
| Eggs | Protein |
| Beans or Peanut Butter | Protein, Iron |
| WIC Juice | Vitamin C |
| Cereal | Iron |
| Carrots | Vitamin A |
| Tuna fish | Protein |
| Salmon | Calcium, Vitamin A, Protein |
| Iron Fortified Infant Formula | Calcium, Vitamin A & C, Protein, Iron |
| Iron Fortified Infant Cereal | Iron |

Explain What the WIC Nutrients Can Do for You!

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|------------------|--|
| Calcium | Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure. |
| Iron | Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection. |
| Vitamin C | Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat. |
| Protein | Makes up part of every cell in your body. Builds and maintains muscles and other tissues. |
| Vitamin A | Helps keep your skin healthy and smooth. Helps you see at night. |

Materials with More Information

Refer to appropriate agencies.
Use local referral agencies materials